It turns out that Ponce de Leon was looking in the wrong place for the fabled Fountain of Youth. It was recently discovered — in Wisconsin! And it turns out that the Fountain of Youth isn’t really a fountain – it’s a biological compound produced in our own bodies. This compound is extremely important for the growth and development of the human body, and, as the body’s production of this substance decreases with age, the signs of aging begin to appear – weight gain, wrinkled skin, loss of muscle, loss of cognitive function, and loss of libido.

This biological Fountain of Youth was discovered by Dr. Henry Lardy and associates at the Institute for Enzyme Research at the University of Wisconsin. It’s called 7-Keto™, a metabolite of a hormone produced by the adrenal glands called DHEA (dehydroepiandrosterone). Research on 7-Keto™ indicates that it may work through a number of pathways to combat the signs of aging. Helping the body maintain a healthy weight as we age greatly improves overall health and longevity and is one of the strongest benefits discovered for 7-Keto™ to date.

Unfortunately, because 7-Keto™ is a metabolite of DHEA, whose levels decline as we age, so does this wonderful, natural bio-nutrient. Scientists originally looked to DHEA for improved cardiovascular vitality, and strengthened immune and brain function. Researchers believed that declining DHEA so profoundly impacted our bodies that it could be partly responsible for the effects of aging. They hypothesized that supplementation with DHEA could sustain hormone levels and stave off many of the degenerative changes we collectively call aging. But there was a catch. Because DHEA is converted into sex hormones, people taking supplemental DHEA would sometimes experience the frightening, unwanted side effects associated with hormone supplementation.

In 1989, Dr. Lardy and his colleagues set out to solve the mystery of eliminating DHEA’s side effects by examining all of the constituents that make up DHEA. Ten long years of research unearthed hundreds of DHEA derivatives, which were developed and tested continuously, until one derivative rose above all the others – a metabolite that was incredibly bio-active and far more promising than any other substance they’ve tested. That metabolite is 7-Keto™. 7-Keto™ outperformed DHEA and other metabolites in immune modulation, memory enhancement and thermogenesis and, more importantly, without any adverse side effects.

The most significant benefit of 7-Keto™ supplementation is its ability to support healthy body weight. Obesity is a major contributing factor in a number of serious medical conditions. A recent study assessed the effectiveness of 7-Keto™ on weight loss and body fat loss. Participants were divided into two groups; one group received 100mg of 7-Keto™ twice daily and the other a placebo. Both groups exercised three times per week. At the end of the study, researchers noted a statistically significant reduction in body weight and body fat only in the 7-Keto™ group. Researchers concluded that 7-Keto™ was three times more effective than diet and exercise alone in promoting weight and fat loss.

Preliminary research also indicates that 7-Keto™ may support healthy immune and nervous systems. Several studies have measured the effects of 7-Keto™ on memory function. Subjects were given a single dose of a substance that inhibits nerve cell communication and causes short-term memory loss. Afterwards subjects were given a single dose of 7-Keto™. Results showed that 7-Keto completely reversed the memory impairment, suggesting that 7-Keto™ supports memory retention.

Another study gauged 7-Keto™’s ability to support immune system function. Interleukin 2 (IL2) is a substance produced by T lymphocytes that causes an increase of disease fighting white blood cells. White blood cells were taken from healthy volunteers and introduced into a solution that contained 7-Keto™ for 24 hours. When the cultures were tested for heightened IL2 production, 7-Keto™ was shown to augment IL2 production by a statistically significant 60%.

NOW® 7-Keto™ is a well-researched and patented form of the API “active product interface” that is supplied by the Humanetics Corporation. Humanetics 7-Keto™ has been proven safe and well-tolerated in doses up to 200mg. Research is clear; the rate at which we age can be influenced by the diet and lifestyle choices we make. One very smart choice would clearly be adding NOW 7-Keto™ to your diet.

**References**

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CARNOSINE

- Carnosine - L-Carnosine is actually a combination of two amino acids, in this case alanine and histidine. This naturally-occurring substance has multiple functions in the body, the most remarkable of which is its ability to rejuvenate cells close to the end of their life cycle (a state called senescence), revitalizing their appearance and increasing their life span. L-Carnosine is also a powerful antioxidant that is able to protect proteins from several different forms of protein modification, including oxidation and carbonylation (the breakdown of protein cell membranes, leading to early cell death). Research shows that destructive changes to proteins over a normal lifespan significantly contribute to aging and the signs of aging, such as wrinkled skin and decreased cognitive function. Which means Carnosine may help to maintain youthful vigor and appearance.

COLOSTRUM

- Colostrum - Bovine Colostrum is the pre-milk fluid secreted by the mammary glands during the first 24-48 hours after birth. It is rich in immunoglobulins, lactoferrin, and other growth and immune factors that help protect vulnerable newborns against opportunistic infections and diseases. Just as Colostrum’s combination of growth and immune factors helps to support a newborn’s immune system, they can also help to support the human immune system, as well as increasing thermogenesis and improving vitality and stamina.

DMAE (DIMETHYLAMINOETHANOL)

- DMAE - DMAE is a natural substance that is found in minute quantities in the brain. It is a precursor to choline, a B-vitamin your brain needs to produce acetylcholine, a neurotransmitter involved in nerve signal transmission and healthy brain function. Through this metabolic pathway DMAE may support learning and memory functions, which decline as we age. It’s estimated that as much as 75% of the U.S. population is deficient in acetylcholine. DMAE is also an effective free radical scavenger that may help combat the effects of oxidative damage, which are implicated in the aging process.

ACETYL-L-CARNITINE & ALPHA LIPOIC ACID

- Acetyl-L-Carnitine (ALC) & Alpha Lipoic Acid (ALA) - Research conducted by Dr. Bruce Ames at the University of California-Berkeley shows that high levels of ALC and ALA together may help delay or even reverse age-related oxidative decay of mitochondria, which scientists believe is a major contributing factor in aging. Acetyl-L-Carnitine plays an important role in the transfer and utilization of long-chain fatty acids for energy production, and ALA is a “universal antioxidant” that’s soluble in both water and fat. These two nutrients together are effective for prolonging cellular vitality and reducing the ravages of oxidative stress.

NICOTINAMIDE ADENINE DINUCLEOTIDE (NAD)

- NAD - NAD is the biologically usable form of Niacin (Vitamin B-3), which, like 7-Keto™, plays a role in the synthesis of sex hormones. NAD is present in all living cells as a co-factor for many biochemical reactions and plays a central role in cellular energy production. The more NAD available to a cell, the more energy it can produce. Many persons with certain life-threatening diseases have been found to have low levels of NAD, indicating that it plays a role in immune system modulation. Healthy immune system function is especially important the older we get, so NAD is a smart addition to any nutritional regimen.